

## **ABSTRACT**

The inventor has discovered that (–)-hydroxycitric acid (including the forms of its various salts) is useful for treating and ameliorating cachexia, health-threatening catabolism and unhealthful weight loss, such as is characteristic of sarcopenia. The dosage will depend on factors such as the starting weight of the individual and the percentage of the calories in the diet derived from fats. On a 30 percent fat diet, an efficacious daily dosage for most individuals will be between 250 mg and 3 grams per day. It may prove beneficial to deliver the desired dosage only once per day, preferably prior to the noon meal. The weight-gain effects of HCA are compromised by the actions compounds such as caffeine and ephedrine, hence these should be avoided. Due to the biphasic characteristics of HCA, there is an obvious overlap between dosages that can lead to weight gain and the higher dosages that can lead to weight loss in those who are above their ideal body weights. There is little or no evidence that HCA ingested even in quite large amounts causes significant weight loss in individuals who are at or below their idea weights or exhibit a body mass index (BMI) at or below 20. It is to be expected that dosage will need to be matched to the current state of a given individual suffering from cachexia, catabolism or sarcopenia.